

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



MILWAUKEE COUNTY
Department on Aging



FOR CURBSIDE PICK-UP

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shredded Beef Potatoes Salad Raita 2 Pita Bread Orange	2 Kebab w/Rice Hummus Salad Pita Bread Apple	3 Chicken 65 Bhindi Masala Naan Salad Pear	4 Chicken Tikka Palak Paneer Naan Salad Chatni Melon	5 CLOSED
8 Grilled Chicken/Rice Grilled Vegetables Baba Ghanouj Salad Pita Bread Banana	9 Hamburger French Fries Green Beans Salad Dressing Orange	10 Chicken Biryani Mixed Vegetables Naan Salad Raita Grapes	11 Reshmi Kebab Channa Masala Naan Salad Fruit	12 CLOSED
15 Macaroni w/Ground Beef Hummus Salad Pita Bread Apple	16 Chicken & Potato w/Red Sauce Hummus Salad/Raita 2 Pita Bread Banana	17 Afghani Kebab Bhindi Masala Naan Bread Salad Chatni Fruit	18 Chicken Makhani Daal Channa Naan Bread Salad Pear	19 CLOSED
22 Shredded Chicken Rice & Vegetables Falafel Salad Pita Bread Orange	23 Kebab w/Rice Hummus Salad Pita Bread Apple	24 Haleem Vegetable Rice Naan Salad Melon	25 Seekh Kebab Mixed Vegetables Naan Salad Grapes	26 CLOSED



RESERVATIONS
REQUIRED



939-4411

60+
Suggested
Contribution

\$3.00





3-Can Chili

- Frozen or Canned Corn
- Black Beans
- Crushed Tomatoes
- Chili Powder to taste



Crispy Taquitos

- Frozen Corn
- Chicken
- Green Onion, Green Pepper
- Cheddar Cheese
- Tortillas
- Vegetable Oil



Corn & Green Chili Salad

- Frozen Corn
- Diced Tomatoes & Green Chiles
- Vegetable Oil
- Lime Juice
- Green Onion
- Cilantro



Black Bean & Couscous Salad

- Frozen Corn
- Chicken Broth
- Couscous
- Vegetable Oil
- Apple Cider vinegar
- Cumin
- Black Beans
- Onion
- Bell Pepper
- Salt & Pepper



Corn Bread

- Frozen Corn
- Cornmeal
- Flour
- Sugar
- Baking Powder
- Egg
- Vegetable Oil
- Milk



Nutrition Facts

Serving Size: corn, 1 cup (145g)

Amount per serving

Calories 125

% Daily Value*

Total Fat 2g	3%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol -	-
Sodium 22mg	1%
Total Carbohydrates 27g	9%
Dietary Fiber 3g	12%
Sugars 9g	
Includes - Added Sugars	-

Protein 5g

Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 1mg	4%
Potassium 390mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



- 🌽 Promotes Heart Health
- 🌽 Reduces Cholesterol Levels
- 🌽 Reduces Stroke Risk
- 🌽 Protects Eyesight
- 🌽 Supports Weight Management
- 🌽 May Help Prevent Colon Cancer
- 🌽 Reduces Type 2 Diabetes Risk

DID YOU KNOW?

- ➡ An ear of corn has ~800 kernels in 16 rows.
- ➡ There is one strand of silk for every kernel of corn.
- ➡ An ear of corn has an even number of rows-- each with the same number of kernels.
- ➡ Corn grows on every continent except Antarctica.
- ➡ Corn is America's #1 field crop.

Find these corn recipes here: <https://go.usa.gov/xn6DP>
For more recipes go to: www.whatscooking.fns.usda.gov

